

Vanguard spouses compete for combat badge See Page 3A



Today, we salute our veterans

WWII memorial unveiled in Savannah See Page 1B



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**NOVEMBER 11, 2010** 

## 3rd ID headquarters, colors return



Spc. Michael Adams 3rd ID Public Affairs

Major General Tony Cucolo, 3rd Infantry Division commander, returned from his year-long deployment in Iraq, along with many members of the division's senior staff, in a welcome home ceremony at Cottrell Field, Nov. 5.

He and Command Sgt. Maj. Jesse Andrews, former 3rd ID command sergeant major and 3rd ID senior enlisted advisor during the deployment, unveiled the division colors, officially signaling the division commander's return home.

The division oversaw northern Iraq under his command, including the parliamentary elections in March. Major General Cucolo added he was proud of the Soldiers and what they accomplished.

"We went from 21,000 Soldiers [in United States Division – North] to 9,600 Soldiers in the span of three months," he said. "And there was no change in the operational tempo. There was no change in actions on the ground. To the Iraqis, it appeared seamless, and that's the most important thing."

Major General Cucolo continued that northern Iraq is a safer place than it was at the beginning of the war.

"When I got on the plane yesterday morning, we had the lowest level of violence since 2004 in my area," he said. "It's still a tough security situation, but knowing it was brought down to a level the Iraqi security forces could handle, that's a source of pride also."

Sameh Youssef served as 3rd ID's senior analyst and cultural advisor. He stated the work 3rd ID did in Iraq was important and will have a positive impact on Iraq.

The division has done a great number of services to the Iraqi people," he said. "There was a great amount of construction, and a great amount of money that we spent over there to help the Iraqi people and to rebuild the nation. There was a lot of good change from the time we arrived to the time we left. It's such a great honor."

Youssef added that when he first arrived in Iraq six years ago there were only two battalions in the Iraqi Army and now it has ten divisions, and that he will continue to help the Iraqi people any way he can even though he has returned to America.

Even though Maj. Gen. Cucolo has returned home, there are still a number of 3rd ID Soldiers who are serving in Iraq and Afghanistan.

Major General Tony Cucolo, 3rd ID commander, and Command Sgt. Maj. Jesse Andrews, former 3rd ID command sergeant major, unveil the division colors at a welcome home ceremony at Cottrell Field, Nov. 5. See more, Page 9A.

#### Ceremony honors heroes from hostage crisis at WINN

Sgt. Joseph McAtee

3rd ID Public Affairs

Winn Army Community Hospital held a ceremony to honor those who, two months ago, prevented a hostage situation from escalating into a disastrous tragedy, Nov. 9.

At the ceremony, U.S. Rep. Jack Kingston, the representative for Georgia's 1st congressional district; Brig. Gen. Jeffrey Phillips, 3rd Infantry Division deputy commanding general - rear; Col. Paul Cordts, Winn commander; and Col. Kevin Milton, Fort Stewart garrison commander; all praised the actions of the people who took a potentially disastrous event and ensured the assailant caused not a single casualty.

The incident took place Sept. 6, when a recentlydischarged Soldier working at Fort Stewart as a civilian enter the hospital armed and took three hostages, demanding behavioral treatment from the thin overnight staff.

Major Sabon Shelton, the night supervisor at WINN, was one of those three hostages. Earlier in his career, Maj. Shelton was a former psychiatric nurse who had completed training in deescalating situations like the one he found himself in.

"I've had a lot of training with [Soldiers with posttraumatic stress disorder]," he said. "I have dealt with many Soldiers like [the one that night], I just hadn't dealt with one with a gun."

See WINN

Brigadier General Phillips pointed to a single feature in the people who made sure that no one was harmed in the process.

Page 11A

## **Army Vice Chief addresses** reintegration at Fort Stewart



Christopher Rich, MVIC

General Peter Chiarelli, U.S. Army Vice Chief of Staff, greets 3rd ID Soldiers at the 2nd HBCT dining facility, Nov. 8. General Chiarelli visited Fort Stewart to assess reintegration efforts.

Master Sgt. Jennifer K. Yancey

3rd ID Public Affairs

Army Vice Chief of Staff Gen. Peter W. Chiarelli visited Fort Stewart to discuss reintegration efforts with 3rd Infantry Division and garrison leaders and recently-deployed Soldiers, Nov. 8. While here, he stressed

the Army's role in meeting Soldiers' behavioral health needs and the importance of Family-Member involvement during their Soldiers' reintegration process.

With about half of the 3rd Infantry Division home from deployment, the Army's second in command wanted to see how the division prepared itself for this reintegration challenge.

See VICE CHIEF Page 8A



Building resiliency, restoring balance Defender 6 sends: for Soldiers, Army Civilians and Families

SOLDIERS - FAMILIES - CIVILIANS

Lt. Gen. Rick Lynch IMCOM commander

Given the Army's 235-year history, resiliency is a relatively new word in our vocabulary. We hear it often nowadays, from the highest levels of leadership on down, as we talk about how we are addressing the effects of nine years of conflict. There may be a danger that someone will hear the word once too often and tune it out as the latest buzz word. However, we need to keep talking about it until every member of the Army community—every Soldier, Civilian and Family Member—hears it and gets the message that we want them not only to survive, but to thrive.

A dictionary definition of resiliency is the ability to recover from misfortune or adjust easily to change. When we in the Army talk about resiliency, though, we are talking about more than the ability to bounce back from adversity. We are also talking about the ability to realize personal growth and development in the face of challenging situations. Resiliency is rooted in physical, mental and spiritual fitness. It is about finding the balance in your life between work, family and self, and living your dash—the line on the tombstone between the dates of birth and death—to the fullest.

During the last nine years of conflict, our Soldiers, Army Civilians and Family Members have faced challenging situations, and in too many cases, tragedy. Multiple deployments and too little dwell time have strained our relationships. We can see the stress manifest in rising rates of divorce, domestic violence, suicide and other destructive behaviors. We have to reverse the trends. We owe it to our Soldiers, Civilians and Family Members to help them build the resiliency they need to cope with their challenges and come out stronger and better.

The Army is recognizing the stress and strain on our forces and families. We are making resiliency a priority and a part of Army culture, and have taken a number of steps to assess and build resiliency in our Soldiers, Civilians and Family Members. One of the initiatives is Comprehensive Soldier Fitness Program. The pro-

gram is designed to enhance the resilience, readiness and potential of Soldiers, Civilians and Family Members by building strength in every area of life: not just physical fitness, but also emotional, social, spiritual, and Family.

CSF is mandatory for Soldiers, but geared to the whole Army community, with components for Family members and Civilians as well. Soldiers, Civilians and Family members begin with the Global Assessment Tool, which measures strength in each of the five areas. The GAT is located at the CSF website, http://www.army.mil/ csf. The results of the assessment direct an individualized training plan, which includes virtual training, classroom training and support from resilience experts. It is a long-term program, meant to help every member of our community succeed in his or her job and grow personally.

Another resource that helps Soldiers, Civilians and Family Members build their resiliency are the Army Wellness Centers. Like the CSF, the Wellness Centers are focused on prevention. They are focused on helping individuals identify their problem areas and make positive changes for their health and well-being. Wellness Center programs include metabolic and fitness testing, nutrition education, weight



management, stress management, and tobacco cessation.

One challenge for the Army is to make sure that every member of the Army community, including National Guard and Reserve Soldiers, and Family Members who are not located near an installation, have access to the resources they need to build resiliency. Every member needs to know what support exists

for them and where they can access it. We have plenty of great programs and services, such as the CSF program and Army Wellness Centers, but we need to make sure we are effective and efficient in delivering them to the Army Community members who can use them.

In the spring I will be joining senior commanders and other Army leaders at Fort Hood to discuss the importance of resiliency and the different ways we are approaching the issue. We are meeting there to take a look at a bricks-and-mortar model, the Fort Hood Resiliency Campus. The Resiliency Campus is a one-stop shop where Soldiers, Civilians and Families can go to strengthen their mind, body and spirit. Composed of several buildings located next to each other, the campus offers a comprehensive array of services and programs, including spiritual and physical fitness programs, personal financial assistance, culinary classes, individual and family counseling, Warrior Adventure Quest, and Family Programs.

The symposium will also consider the possibility of a virtual resiliency campus, which is in the beginning phases of conceptualization and development. Installation Management Command Headquarters' Chaplain Ministry Team will demonstrate a virtual Spiritual Fitness Center, which would be a core component of a virtual resiliency campus. The virtual Spiritual Fitness Center will be accessible both as a conventional website and in Second Life, on the Army One Source Survivor Island web page. Both avenues will provide Soldiers, Civilians and Family members faithbased and non-faith-based resources for building their spiritual fitness.

The virtual campus merits serious consideration. Like a physical campus, it would offer a single point of access to assess needs and direct the individual to the best source of help, but it would also be available to Army community members anywhere and anytime. Ultimately, the symposium will consider what models of resiliency campuses, virtual and physical, can be standardized to benefit the whole Army.

The Army's focus on resiliency is important. It puts mental, emotional and spiritual fitness on par with physical fitness, all of which we need to perform successfully. It also acknowledges that the Soldiers who make up our all-volunteer Army and their Family members need and want balance in their lives.

It is easy to get knocked off-balance by the challenges we face, which is why I encourage you to take the time to build your resiliency and find your balance. As I said, you have to live your dash. For me, the dash signifies not only serving my country, but even more importantly, being a husband and father and making time for friends. When you are taking your last breaths, you are probably not going to wish you spent more time working, but more time doing the things you enjoy and being with the people you love. Especially during the fast-approaching holiday season, take the time to do what recharges you, to spend time with those important to you, and ultimately, to live your dash well.



#### From the Carrison Commanders Resiliency for all

#### **Comprehensive Soldier Fitness** Program is not just for Soldiers

Col. Kevin Milton

Stewart-Hunter garrison commander

As the Fort Stewart – Hunter Army Airfield garrison commander, it is encumbered upon me to ensure that, not just Soldiers, but civilians and Family Members get an opportunity to increase their resiliency skills. We all know that resiliency skills are essential in navigating the tough times and to achieve personal growth through all of life's stresses.

So, using the Comprehensive Soldier Fitness Program, the garrison team has taken on the responsibility of imparting resiliency skills to the Army community by increasing the Army Community Services staff, marketing the Comprehensive Soldier Fitness Program, training Master Resilience Trainers, and making sure we talk resiliency every chance we get to make sure our entire community knows where to get helpful resources.

We can all do well to at least know that we are

not alone in our journey through life's ups and downs. The first stop in evaluating ourselves is to take advantage of the Global Assessment Tool, one component of the Comprehensive Soldier Fitness program, and find out where we stand with regard to our emotional,

spiritual, Family and social well being. The GAT is completely anonymous, and the personal resources we need to is available to Soldiers, Family Members unlock our own potential – for the long and civilians. No one will ever see your results -- they will only know if you've taken it, and even then, not even by name. GAT results then send you to resiliency modules that you can take to better yourself in those areas you may be a little weak.

The next step is to take advantage of Master Resilience Training, another component of the Comprehensive Soldier Fitness program. We have seven



Stewart-Hunter to train Family Members. Also, it is mandated that a trained Soldier be available in each battalion. MRT's bring a wealth of information and skills to the table for all of us to use to build on our own level of resiliency and restore balance. MRT's are critical thinkers that equip us with

civilian Master Resilience

Trainers on board at

term - and to deal with every day stressors that may overwhelm us.

Family member training classes are already scheduled to begin, Jan. 5. The training consists of four modules: Resiliency, Building Mental Toughness, Building Character Strengths, and Building Strong Relationships.

The Resiliency module takes you through building self regulating skills and connections so you know who is in your

support system. The second module, Building Mental Toughness teaches energy management and regulating emotions to enable critical and optimal performance. Kind of like think before you speak type thing, and learning how to put things in perspective and not jump to conclusions. Building Character Strengths helps us realize that you don't have to be a Soldier to be brave or a leader. Remember how you took charge during your spouse's deployment and accepted and overcame challenges along the way? And finally, Building Strong Relationships focuses on communication and how communicating is a skill, not a personality style.

More information will be published on the Master Resiliency Training program. So watch The Frontline, Marne TV and the Team Stewart Web site for more information.

It is thought that people who know how to deal with stress are more likely to succeed. Take ownership of your overall health and seek the resources provided. Get started today! Go to www. *army.mil/csf/* to begin.

Reintegration

## Motorcycle refresher course required for all returning Soldiers

Spc. Michael Adams

3rd ID Public Affairs

The Fort Stewart Safety Office knows how many challenges Soldiers face when they return home. One they are addressing is making sure troops who ride motorcycles get the proper training when they return from a combat zone.

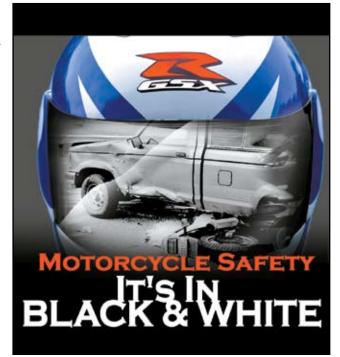
"Those Soldiers, [who drive motorcycles] that have been deployed for more than 90 days need to do a refresher course when they get back," said Jeff Willis, installation safety specialist for the safety office. "It re-establishes the motor skills they might have lost when they were deployed."

The refresher course reminds troops the basics of driving a motorcycle. It teaches different movement techniques and safety procedures. The course was created to keep riders alive in that critical time after they return from their deployment and lasts no more than two hours.

The safety office was the first in the nation to conduct motorcycle reintegration training, Willis added. It was enacted to combat the growing number of Soldiers with the 3rd Infantry Division who were losing their lives within the first few days of

returning home due to motorcycle accidents. Since the class began at Fort Stewart, there have been no motorcycle fatalities for Soldiers who

recently returned home. The class is now required for all redeploying Soldiers who ride motorcycles across the Army. This has led to a significant drop in the number of motorcycle related fatalities and accidents among the



Army's ranks.

In addition to the refresher course, Willis added motorcyclists should adhere to all safety guidelines while driving. They include wearing long sleeve shirts, gloves, something reflective on their upper body, pants, boots that cover their ankles and a helmet approved for use by the Department of Transportation.

He also noted the last Soldier stationed at Fort Stewart who lost his life was driving a motorcycle

and not wearing his helmet.

Willis is one of many who are dedicated to making sure Soldiers stay safe on Georgia roads.

Bobbi Babin is a rider coach/instructor who teachers the refresher course for returning Soldiers. She emphasized how important it is to take the course to make sure they know how to ride in a safe manner.

"They've had a long time in a high-risk environment with a lot of adrenaline," she said. "When they come home they want to ride. Typically they want to ride fast. The problem is, within the first 10 days of coming home, we're seeing a lot of accidents. So we want to do what we can to keep them safe. If you want to get on your bike again, you can take at least two hours on our bike to refresh those skills you've diminished or lost over the past year, and brush off the cobwebs before you get on the public roads with

For Willis, being safe on a motorcycle is simple. "The key is, be aware of your surroundings," he

He added things have changed in the local community. There are new stop signs, stop lights, construction and other changes to the community they may not be aware of and the refresher course will help them to learn all of the potential pitfalls they

face while driving on local roads. Since the refresher courses began, there have been no fatalities involving motorcycles for Soldiers who have just redeployed.

For information on how to take these courses, visit www.airs.lmi.org.

# Vanguard spouses compete in 2nd Combat Spouse's Badge competition

**Sgt. Robert Schaffner Jr.** *The Frontline staff* 

Approximately 100 spouses of recently deployed Vanguard Soldiers braved the 30-degree temperature to take part in the 4th Infantry Brigade Combat Team's second Combat Spouse's Badge event, Nov. 6.

The day long event consisted of the Army Physical Test, including the two mile run, military operations on urban terrain, weapons marksmanship, drill and ceremony and litter carry with a simulated wounded Soldier.

The morning's event started off like a typical Army morning – P.T., except in their case with the APFT complete with the two mile run, sit-ups and push-ups. For a few Spouses it too was typical day.

"I am having a great time," said Erin Kones, wife of Maj. Mathew Kones. "I've been training for the Army 10K run in December."

Several of the spouses had been training before the event and it showed.

"A couple of weeks ago I started training two times a week and then moved it up to three times per week," said Kailey Baldridge, wife of Spc. Coltan Baldridge. "The spouses of the 3rd Battalion, 7th Infantry Regiment have been training very hard and doing P.T. at night, drill and ceremony in the morning at the battalion," she said. "My two-mile run time has gone from 24 minutes to 15 minutes in just three weeks. I feel amazing."

For some Spouses, they achieved what many Soldiers strive to accomplish-the APFT badge.

"We had four spouses qualify for the APFT badge," said Major Darell Robinson, 4th IBCT brigade commander-rear. "The spouses that qualified for the badger are Christina Hale, John Edwards, Tami Bergmann and Tina Winn," he added.

"We are planning to award them with the patch at a future Family Readiness Group meeting."

After the APFT, the spouses moved on to one of four stations, rotating upon the completion of each station.

Before the somewhat quiet, yet anxious, face-painted Spouses were handed their weapons to enter the 4th IBCT Brigade Headquarters to clear for would -be bad guys, they received their briefing and instructions.

The quiet didn't last long. Soon the four-member spouse teams completed their mission and upon exiting the building words like "cool" and "wow" were cheerfully followed by comments such as, "that was a blast", "I got'em", and "did you see me?", were heard throughout the brigade headquarters parking lot.

Support in the rear from Spouses is almost as normal as peanut butter and jelly is to milk, but for one spouse particular, the role was mutual received from her Soldier.

"When I told my husband I was doing this he said "Go get'em," said Stephanie Brown, wife of 1st Sgt. Chad Brown. "He is pretty supportive," she said proudly.

Trophies were awarded to the top three teams.

The first place trophy went to the 703rd Brigade Support Battalion, the second place trophy went to the 4-3 Brigade Troops Battalion and third place went to 3/7 Inf., said Maj. Robinson.

"This is a great way for us to share experiences with our Soldiers and to show our support for our Soldiers down-range," said Michelle Lartigue, wife of Vanguard Brigade Commander, Col. Lou Lartigue. "Most importantly, I would like to thank the spouses who are supporting their Soldier's down-range and thank them for working as a team, not only today, but throughout the deployment."



Photos by Sgt. Robert Schaffner ABOVE: Spouses Sarah Jackson, Amy Lambert, Tina Rocha and Hannah Makvand, prepare to enter a building to search and clear it during the urban operations exercise segment at the 4th IBCT Combat Spouse

BELOW: Private Chris Ellis, assigned to 6/8th Cav., 4th IBCT, applies face paint to the face of his spouse, Samantha, during the 4th IBCT Combat Spouse Competition, Nov. 6.



ABOVE: Staff Sergeant Marcus Coe with 3/7 Inf. keeps count as Erin Konz, spouse of Maj. Mathew Konz, completes as many push-ups as she can do in two minutes during the 4th IBCT Combat Spouse Competition, Nov. 6.



Competition, Nov. 6.

LEFT: Tina Winn, spouse of Capt. Brad Winn with 3/7 Inf. takes aim with a digital M-16 at the Engagement Skills Trainer during the 4th IBCT Combat Spouse Compeition, Nov. 6.



## Marne Faces Marne Places

## Wounded but not defeated Speed and Power Soldiers awarded Purple Hearts

Sgt. Mary S. Katzenberger 1st AAB, 3rd ID Public Affairs

**BAGHDAD** – Specialist Angela Marino does not consider herself a hero.

As a motor transport operator assigned to Company F, Task Force 3rd Battalion, 69th Armor Regiment, 1st Advise and Assist Brigade, 3rd Infantry Division, United States Division – Center, the Dothan, Ala., native has spent countless hours of the past ten months driving along the streets of Baghdad, hauling much-needed rations of food and fuel to fellow

Watson on Camp Taji.

Soldiers throughout the deployment.

"Frankly, I'm proud and humbled by the professionalism and the dedication of the individual Soldiers and leaders who have done what they've trained to do for the past ten months," said Lt. Col. Jeffrey Denius, 3/69 Armor commander, at the ceremony. "Soldiers who have made contact have responded quickly and decisively (and) our medics have saved limbs and lives."

"But perhaps more importantly, when I look at able to do their job ... (and) will be able to continue their service and lead perfectly normal lives due to the actions of others," Lt. Col. Denius continued.

For Spc. Marino, the actions of others has included the guidance leaders have provided while out in sector, as well as what her battle buddies have done to sup-

knocked her out of the turret into the MRAP.

unit in the aftermath of the attack.

realized) this is what we've got; this is our Family (and) we've got to stick together."

Specialist Marino feels the deployment has been a great learning experience in life, and is proud of the

"It means a lot," Spc. Marino said of the award.

Soldiers residing on joint security stations and serving as a gunner to provide security for combat logistics patrols. The Soldier, however, is proud of the wound she received when an explosively formed projectile struck the Mine-Resistant Ambush-Protected vehicle she was gunning in, leaving Spc. Marino with a facial laceration, Aug. 18. On Oct. 25, Spc. Marino was awarded a Purple Heart

for the injury she sustained in action. Staff Sergeant Anthony Erlenbough, of Company B, TF 3/69 Armor, and Sgts. Marvin Luke and Jeremy Weaver, both of F Co., were also awarded Purple Hearts at a battalion ceremony, which was attended by Col. Roger Cloutier, commander of 1st AAB, and Command Sgt. Maj. Edd

today's four recipients, I see four Soldiers who are still

port her as she has healed physically and mentally.

Specialist Marino said she first experienced that support from Sgt. Alec Glanville, a noncommissioned officer in F Co., when earlier in the year one of the vehicles in a convoy the two of them were traveling with was struck by an EFP. Then, on Aug. 18, Sgt. Marvin Luke and Spc. Gregory Phillips provided first aid and moral support to Spc. Marino when the EFP attack

leaders she works with has become a more cohesive for wounds received in action.

"From that experience ... we came together and we realized how close we were," Spc. Marino said. "(We

Purple Heart award she will be taking home with her.

Wounded



The Purple Heart awarded to Spc. Marino marked Staff Sergeant Anthony Erlenbough, left, assigned to B Co., TF 3/69 Armor, 1st AAB, 3rd ID, USD-C, the thirteenth such award given to TF 3/69 Armor along with Sgt. Marvin Luke, Sgt. Jeremy Weaver, and Spc. Angela Marino, of F Co., TF 3/69 Armor, were awarded Purple Hearts, Oct. 25, for wounds received in action.



ABOVE: Purple Heart awardees Staff Sgt. Anthony Erlenbough, assigned to B Co., TF 3/69 Armor, 1st AAB; and Sgt. Marvin Luke, Sgt. Jeremy Weaver, and Spc. Angela Marino, of F Co., TF 3/69 Armor; stand with Col. Roger Cloutier (left), commander of 1st AAB, 3rd ID, USD-C, and Command Sgt. Maj. Edd Watson (right), 1st AAB command sergeant major. The Soldier added that the team of Soldiers and The Soldiers were awarded Purple Hearts, Oct. 25,

> RIGHT: Colonel Roger Cloutier, commander of 1st AAB, 3rd ID, USD-C awards Spc. Angela Marino, a motor transport operator assigned to F Co., TF 3/69 Armor, 1st AAB, 3rd ID, USD-C, and a Dothan, Ala., native, a Purple Heart for wounds the Soldier received in action, Aug. 18.



#### **Marne Voices Speak Out**

## Why is it important to honor our Veterans?

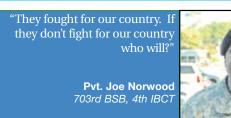
"I have veterans in my Family Honoring veterans comes natural ly, out of respect for them.

> **Norma Gutierrez** Family Membe



"Because we're going to be veterans someday. It's a privilege to honor

Pvt. Tina Ellis 703rd BSB, 4th IBCT





They serve overseas for us, fight for our country and put their lives on the line for us.

Shannon Lovering Civilian contractor

our country.

Spc. Chance Turner DSTB. 3rd ID





3RD INFANTRY DIVISION COMMANDER, SENIOR COMMANDER FS/HAAF MAJ. GEN. TONY CUCOLO

USAG FS/HAAF COMMANDER COL. KEVIN W. MILTON HUNTER ARMY AIRFIELD COMMANDER LT. COL. JOSE L. AGUILAR

They need to be recognized for the hard work and time they put in for our country."

Shonta Russell vilian contracto

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## Behind the wheel: 4th AAB Soldiers teach Iraqi police defensive driving

**Staff Sgt. Tanya Thomas** 4th AAB, 3rd ID Public Affairs

ALANBAR PROVINCE, Iraq

– As the role of U.S. forces in Iraq has shifted gears under \
Operation New Dawn, so has the job of some military police Soldiers serving in Anhar prov-

Soldiers serving in Anbar province. For two MPs, a day on the job now includes teaching lifesaving skills to their Iraqi

counterparts.

Staff Sergeant Brendan Carey and Sgt. Chris Roman, both with the 442nd Military Police Company, 4th Advise and Assist Brigade, 3rd Infantry Division, taught a defensive driving tactics class to about 25 Iraqi Police officers, Oct. 30.

"Most people will tell you, when it comes to car accidents, that the last thing they saw was what they hit," said Sgt. Roman, a New York City native, who demonstrated threshold breaking, steering

and ocular driving that will help improve the IP officers' driving skills and, in turn, prevent accidents. "We are here to help (prevent that)."

The IP officers practiced weaving in and out of cones and practiced basic techniques to escape an attack.

"A lot of these guys are (personnel security detachment) drivers and need to know basic maneuvers in case they get ambushed," Staff Sgt. Carey said. "If they come upon a threat, they need to know how to clear the area quick."

Staff Sergeant Carey said the exercise gave the Iraqi Police the opportunity to practice and learn from mistakes made during training, so they won't make the same mistakes on the road.

"We explained to them what went wrong, and now they understand it better," he said. "Overall they did very well."



Photos by Staff Sgt. Tanya Thomas

Sergeant Chris Roman (in driver's seat), with the 442nd MP Co., 4th AAB, 3rd ID, teaches Iraqi Police defensive driving techniques in Anbar province, Iraq, Oct. 30.





Members of an Iraqi Police personnel security detachment learn defensive driving techniques during a class taught by Soldiers with the 442nd MP Co., 4th AAB, 3rd ID, Oct. 30.



## 18 November, 7 pm

Newman Fitness Center, FS

\$10: ages 6 & Up • \$5: ages 3 -5
Free: 2 & under

## Get your tickets at the following locations:

Liberty County Chamber of Commerce Heritage Bank, Local Branches Online at: www.hinesvilleareaarts.com

#### Fort Stewart:

Leisure Travel Office FS located at PX Furniture Store beginning 1 Nov.

767-2841

#### Hunter Army Airfield:

Tickets are available at Hunter Leisure Travel Office Bldg. 1286, Solldier Service Center beginning 1 Nov.

315-3674

## Fort Stewart-Hunter Army Airfield Briefs

#### Weekend dining facility hours scheduled

The Fort Stewart weekend dining facility for Saturday and Sunday will be the Spartan DFAC, building 3003, for brunch, 10 a.m. to 1 p.m., and supper, 3:50-5 p.m.; STB DFAC, building 207, for breakfast, 8-9:30 a.m.; lunch, 11:30 a.m. to 1 p.m.; and dinner, 5-6:30 p.m.

The Hunter Army Airfield weekend dining facility for Saturday and Sunday will be 1/75 Ranger Dining Facility, building 110. Dining facility weekend/holiday serving hours are brunch, 10:30 a.m. to 1:30 p.m., and supper, 4:30 – 6 p.m.

The DFAC Hotline is 912-767-4991.

#### Misdialed calls addressed

The 911 Center is receiving multiple misdialed calls due to the newly implemented Stewart-Hunter Dialing Instructions. If you accidently call the 911 Center, please do not hang up; emergency dispatchers are required to treat a hang up as a potential emergency and will attempt to call you back or send a police officer to your location to investigate. Stay on the line and inform the dispatcher of the dialing error to reduce multiple false responses.

To make a long distance call, you must dial "97" then "1," plus the desired 10-digit number. To make a local call, you must dial "99" then the desired 7-digit number. To make a DSN call you must dial "94" then the desired sevenor 10-digit number.

#### Exchange gives troops a chance to win

Starting Friday, military shoppers can rest easy as the Army and Air Force Exchange Service teams with Serta Mattresses to give away approximately \$4,000 in Sharp HDTVs

Prizes in the Serta Sweepstakes include a 60", 52", and 46" Sharp Aquos LCD HDTV.

Authorized Exchange shoppers worldwide can register at participating stores for their chance to win one of the three TVs through Nov. 11. Prizes will be awarded on or about Dec. 17

No purchase is necessary as shoppers need only to fill out an entry form at a participating location for a chance to win

#### Adopt a Soldier for the holidays

The Better Opportunities for Single Soldiers Program is still seeking Soldiers to participate and Families to adopt a Soldier for the December holiday season. Registration is open until Dec. 3 for the December holiday season. For more information and to register, call the BOSS office at 912-767-9917.

#### Winter golf specials offered

Now through January, Taylors Creek Golf Course and Hunter Golf Club are offering a special to stay in golf shape during the winter season. Purchase a large bucket of driving range balls and receive a small bucket Free. For more information, call 912-767-2370 (Stewart), 912-315-9115 (Hunter).

#### **Donate to the CFC**

The Combined Federal Campaign continues through Dec. 15. Federal employees interested in giving through the Combined Federal Campaign can contact their key worker or call the Coastal GA Combined Federal Campa ign office at 912-651-7717. For more information go to www.cfccoastalga.org.

#### Vehicle Registration office hours changing

Effective Saturday, the Vehicle Registration hours of operation at Fort Stewart and Hunter Army Airfield will change to 8 a.m. to 5 p.m., Monday through Friday. The office is closed on federal holidays and weekends.

#### Healthcare Clinic planned for Richmond Hill

Family Members of active duty members stationed in and around Fort Stewart and Hunter Army Airfield will soon have improved and more convenient access to health-care with the projected Spring 2011 opening of an Army Community-based Primary Care Clinic in Richmond Hill, Ga. A lease has been signed for the clinic to be located at 2451A Hwy 17 in Richmond Hill, which formerly housed the Harvey's/Food Lion store – close to Blockbusters.

Family Members will have the option of transferring their enrollment from Winn Army Community Hospital, Tuttle Army Health Clinic at Hunter Army Airfield, and the TRICARE network to the new clinic. Those registered with TRICARE Prime will not have to re-register. The hospital commander will keep all beneficiaries and the community informed of progress as we move closer to realizing this very worthwhile endeavor.



Stewart-Hunter Dining Facilities will hold their Thanksgiving meal at the 2nd HBCT, 3rd Sustainment Bde., and Hunter Army Airfield consolidated dining facility from 12-2 p.m., Nov. 24.

- Menu includes: Shrimp Cocktail, Roast Turkey, Pineapple Baked Ham, Roast Beef, Cornish Hens, Mashed Potatoes, Bread Dressing, Cornbread Dressing, Candied Sweet Potatoes, Giblet Gravy, Brown Gravy, Seasoned Corn, Seasoned Green Beans, Vegetable Salad, Potato Salad, Macaroni Salad, Cranberry Sauce, Pecan Pie, Pumpkin Pie, Sweet Potato Pie, Apple Pie and assorted drinks & juices.
- Standard rate of \$7 shall be charged to all sergeants and above, officers and military guests. Discount rate of \$4.95 shall be charged to Family Members of enlisted personnel, private specialist. Civilians may eat in dining facilities after the first operational hour.

**Note:** The 3rd Sustainment Bde. and Hunter Army Airfield consolidated facility will serve a second Thanksgiving meal to residual Soldiers, Nov. 25

#### 3rd ID Band rocks Youtube

As the 3rd ID returns home from Afghanistan and Iraq, the talented musicians of the Marne Band put together these music videos for you—the Family, friends, and Army Civilians of Fort Stewart and Hunter Army Airfield. We hope you enjoy them as you either prepare for the return of your cherished Soldier, or as you are enjoying each other's company during a welcome homecoming. Rock of the Marne!

#### See the videos at:

www.youtube.com/watch?v=AaYJSnmKYfY - "Radar Love"

www.youtube.com/watch?v=VXIf6w2kMnc - "It's My Life"

www.youtube.com/watch?v=Ofehm5S262M - "What About Now"

www.youtube.com/watch?v=hD9txJFRho0 - "500 Miles"

www.youtube.com/watch?v=Ieq-P9ZwdXs - "Wherever You Are"

#### Suicide Prevention classes available

Help prevent suicide, a preventable public health problem by getting trained, becoming aware, never leaving a suicidal person alone, and respecting with dignity those who seem to be overwhelmed with feelings of stress, loss, hopelessness or despair. Soldiers and DA Civilians are required to receive one hour of suicide prevention training annually. However, Family Members and Family Readiness Groups are encouraged to participate. November courses:

ACE intervention, Fort Stewart and Hunter, ASAP Building, one hour, 10-11 a.m., Tuesday

ASIST TRAINING: Fort Stewart Main Post Chapel, 8:30 a.m. to 4:30 p.m., Nov. 18-19

UNIT and FRG PRESENTATIONS: Upon request at Fort Stewart and Hunter

For more information or FRG/Unit briefs contact call 767-5828, or e-mail Alfrieda.adams2@us.army.

#### **STEWART**

#### Come to Sgt Rocky's Puppet Show

Come to Sgt. Rocky's Neighborhood Puppet Show at the Family Readiness Center, building 87, Nov. 17 and Dec. 7. This ACS production, starring SGT Rocky, Tonya Tommy, Rachel Feat and Lady Liberty, is Rated G for ages 9 and under.

For more information, contact ACS at 912-767-5058/5059. We're currently focusing on reintegration issues. Requests are taken for deployment and unit shows or special events.

#### SJA move complete

The Fort Stewart and 3rd ID Legal Assistance Office will has moved to its new location, 1st Floor, Building 709, 1791 Gulick Ave. Building 709 is located next to Popeye's and across the street from the Fort Stewart Golf Course. This move allows the Office of the Staff Judge Advocate to better serve Fort Stewart's Soldiers and their Family Members by having the Legal Assistance Office on the first floor with parking readily available. The OSJA Claims office will also move to building 709 but will move at a later date. More information will follow.

If you have any questions, please call 767-

8819/8809/7713.

#### Cemetery tour planned

Community Members are invited to join the Fort Stewart-Hunter Army Airfield Cemetery Council for the installation's fall cemetery and historical site visit, Nov. 17. The upcoming event visits Smith Chapel, JE Moody, Bethel, and Strickland Pond cemeteries. Families remembered at these cemeteries include Anderson, Atkins, Bacon, Bland, Booth, Boothe, Branch, Brook, Brown, Byrd, Curry, Darsey, Dasher, Delk, Denmark, Easterling, Garrison, Gurry, Hardy, Hodges, Mock, Moody, Murrell, Porter, Simmons, Smiley, Strickland, Stubbs, Wheler, Willis, Woodrum, and more.

Participants can meet at either the installation's Pass and Permit Office, building 8093, on Highway 144 (8-8:45 a.m.), or at the Liberty County Recreation Area/Hinesville National Guard parking lot on Highway 84 (7:30-8:15 a.m.). Buses will be prepositioned at both locations. Comfortable clothing and flat walking shoes are suggested for the trip. If inclement weather prevails, the cemetery visit will be postponed to a later date with the same itinerary.

If you have any questions or concerts, or if you wish to reserve a space, please call Pat Young, 912-435-9872 or e-mail Patrick.young@us.army.mil.



AAA Auto Club South and Budweiser have teamed up to offer a free tow and ride home to anyone too tipsy to drive.

The number to call is 1-800-AAA-HELP.
Thanksgiving - New Year's Day.

Caller identities are kept confidential.



For more information contact the Installation Safety Office 912-767-7880

### Ask The Judge: Servicemember's Civil Relief Act

Capt. Joshua Dimkoff Legal Assistance Office

#### **Q**: What is the SCRA?

A. The SCRA affords a number of protections for individuals entering the military, called to active duty, or deployed Soldiers. The purpose of the Act is to delay certain civil obligations and thus allow Soldiers to focus on their duty. It is also intended to relieve stress on the Family of the deployed Soldiers. Some benefits of the SCRA include:

- Terminating housing leases, car leases, and cell phone contracts
  - Lowering interest rates
- Staying or delaying civil actions (SCRA applies to all courts and administrative agencies federal, state, and local ALL MEANS ALL).
- Q• I have orders to PCS before my housing lease is up. Can the SCRA help me get out of my housing lease?

Potentially, yes. You may get out of your lease if you or someone on your behalf signed the lease in your name before you entered the service. Your lease is also eligible if you were already in the service and you received orders to PCS, deploy with a military unit, or leave to support a military operation of not less than 90

days. A recent change in the law specifically prohibits your landlord from charging an early termination fee.

To terminate the lease, deliver a written notice of termination and a copy of your orders to your landlord. This termination becomes effective 30 days after your next rent payment is due. Georgia law, O.C.G.A. § 44-7-37, goes a step further than the SCRA and states that upon written notice with proof of your orders, you may terminate the lease and only be obligated for 30 days rent from the date of notification.

Well, what about my car lease? Can I terminate that, too?

A. It is possible. Again, we first have to determine if your car lease is eligible. The car must be used by you or your dependents and falls into one of the following categories:

- Where the lease is executed by or on behalf of a person who enters military service with orders for a period of not less than 180 days.
- Where a person enters military service on orders of less than 180 days and who, without a break in service, receives orders extending the period of military service to 180 days or more.
- If you executed the lease while in the service and then receive orders to:

• Deploy with a military unit, or to support a military operation, for not less than 180 days.

- PCS from a posting in the continental U.S. to another location outside the continental U.S.
- PCS from a posting outside the continental US, but in a US territory or state, to the continental U.S. or to another state or territory outside the continental U.S.

Therefore, if you are stationed in Georgia and your new station is also in the continental U.S. (such as California), you cannot terminate your auto lease.

Once you have determined if your car lease is eligible, you can terminate it by delivering a written notice of termination, along with a copy of your military orders to the lessor or to the lessor's agent. Finally, you must return the motor vehicle no later than 15 days after the date of the delivery of written notice. Also, termination fees for car leases are illegal under the SCRA.

## **Q:** What about cell phone contracts? Can I get out of them?

A Soldier may terminate a cell phone contract if there is no service in the new area of the Soldier's duty. Soldiers may also terminate the entire "Friends and Family Plan" if all the persons part of

the plan accompany the Soldier in the relocation.

Q: I have financial obligations with massive interest rates. Does the SCRA help at all?

A• Yes, if you have debts where the interest exceeds 6% per year, you may be eligible for some relief. Even secured debts under a confirmed bankruptcy plan qualify.

However, interest relief has two major caveats. First, it only applies to obligations prior to entering active duty military service, excluding student loans. Therefore, if you are already in the service and want to take out a high interest loan, it is a no-go. Second, your service must "materially affect" your ability to repay the debt. Essentially, you must make less in your military career than you did in your civilian career.

This relief applies to debts in the Soldier's name. It also applies to the joint debts of a Soldier and his/her spouse. If you fit these criteria, you may qualify and your interest rates will not exceed 6 percent during the period of your military service. For mortgage obligations, the 6 percent cap is now extended to one year after Release From Active Duty (REFRAD). Other obligations return to their higher, prior interest rates immediately following REFRAD.

You must deliver written notice to the creditor of the

interest rate limitation, as well as a copy of your qualifying military orders. The interest cap will be retroactively applied to the date you were called to active duty military service.

What kind of protections does the SCRA provide me from a civil action/judicial proceeding?

A • The SCRA affords a stay of civil and administrative proceedings to Soldiers for a minimum of 90 days. It does not apply to criminal proceedings. This protection lasts until you return from military service, deployment, or an overseas tour of duty.

This protection will apply if you are either a plaintiff or defendant, and you (1.) are in military service or within 90 days after termination of or release from military service; AND (2.) have received notice of the action or proceeding.

To receive this stay, you must send "a letter or other communication" to the court. This letter must contain how your "military duty requirements materially affect [your] ability to appear." Further, the letter must also state when you will be available to appear. In addition, your request must also include a form of communication from your commander. Your commander must state that your duty prevents a court appearance and that military leave is not authorized.

For more information visit TEAM STEWART at www.stewart.army.mil

## Soldiers happy to be alive receive Purple Hearts

Sgt. Gaelen Lowers

3rd Sustainment Brigade Public Affairs

**JOINT BASE BALAD, Iraq**— While en route to the 13th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), Support Operations (SPO) center April 29, Sgt. 1st Class Tony O'Neil, SPO noncommissioned officer-in-charge of the equipment readiness division with the 13th CSSB, and a Columbus, Miss., native, heard the alarm for incoming indirect fire.

While attempting to take cover in a concrete bunker, Sgt. 1st Class O'Neil was struck against the bunker walls by the force of an impacted mortar.

Almost two months after that incident, while providing fuel and armament to incoming helicopters at the Forward Armament and Refueling Point at Forward Operating Base Cobra, July 28, Spc. Crystal Hodges, an aviation fueler with the 512th Quartermaster Company, 13th CSSB, 3rd Sust. Bde., 103rd ESC, and a Grand Rapids, Mich., native; Sgt. Willie Bell, an aviation fueler for the 512th QM Co., and a Swainsboro, Ga., native; and Spc. Bobby McKisset, refueler for the 512th Quartermaster Company, and a Washington, D.C., native, received shrapnel wounds from two explosive

All four Soldiers were honored Oct. 28 with Purple Hearts, the military's oldest award, and three of them were awarded the Combat Action Badge, given to military members engaged by combat activity.

"I'm extremely honored by this award," said Spc. McKisset. "But I am mainly happy to just be alive."

The three other Soldiers echoed McKisset's state-

ment by expressing their deep gratitude for the award and their second chance on life.

"I feel extremely blessed just for the fact that I am still here," said Sgt. 1st Class O'Neil. "This award could have very easily been presented to my Family at a memorial ceremony."

The Purple Heart is awarded to members of the Armed Forces of the United States who are wounded by an instrument of war at the hands of the enemy. It is also awarded posthumously to the next-of-kin in the name of those who were killed in action or have died of wounds received in action.

Although thought to be an award, Brig. Gen. Mark Corson, commander of the 103rd ESC, and a Maryville, Mo., native, reminded the ceremony attendees that one does not get awarded the Purple Heart, because it's a circumstance of combat.

"These four individuals have sacrificed more than their time, will and effort," he said. "They have, in fact, sacrificed their blood and their health for one of the two awards that no one wants to get— those two awards being the Purple Heart and the Combat Action Badge."

although it was a day of celebration, the attendees could not forget that those four Soldiers are lucky to be alive.

"These Soldiers are fortunate," he said. "The bad news is that you are getting a Purple Heart; the good news is that your Families are not the ones getting the Purple Heart on your behalf. We are very thankful that these four Soldiers were wounded only moderately and that they are here with us today."



from Page 1A

Brigadier General Corson went on to say that Colonel Shawn Morrissey, commander of the 3rd Sustainment Brigade, 103rd Sustainment Command (Expeditionary), pins Sgt. 1st Class Tony O'Neil, noncommissioned officer in charge of the equipment readiness division of the maintenance section of the 13th Combat Sustainment Support Battalion, 3rd Sustainment Bde., 103rd ESC's support operations, during his Purple Heart ceremony at Joint Base Balad, Iraq, Oct. 28.

#### VICE CHIEF-

General Chiarelli said his focus remained on ensuring that the Army meets Soldiers' behavioral health needs, to include conducting good behavioral health screenings downrange of high- and medium-risk Soldiers, and to "ensure that there is a system in place when they return so that the screening continues." Additionally, he said, those who may have not been identified while deployed can receive the same care.

"That's what I'm seeing that Soldiers need most, besides being reunited with Families," he said.

Family Members also require assistance during their Soldier's reintegration. General Chiarelli stated Family-Member involvement is "a key and integral piece" to this process, encouraging Family Members to participate whenever they can.

Regarding the Family Day portion of the program, he said, "The leadership here at Fort Stewart wants Family Members to participate. When Family Members are made part of the process and they make a determination to participate, I think that is a very positive thing for the Family as a whole."

Since 2003, the Army's reintegration process evolved in order to resolve these needs.

"It's really important, working with an Army that's been at war for 10 years," Gen. Chiarelli said. "Their medical and behavioral-health needs are greater today than they've ever been before. We're looking very, very hard at providing more of the behavioral-health services than we needed before."

Soldiers. Reserve Soldiers receive only five days to reintegrate, versus 10 days for active-duty troops.

"Closer to the 10-day model is where all Soldiers need to be," Gen. Chiarelli said.

Unlike their Active-duty counterparts, he added, Reserve Soldiers must undergo demobilization at an installation far from their Families, a process which can occur during weekends and Federal holidays.

"Active-component Soldiers have an advantage in that their Families are here," Gen. Chiarelli said. Once the plane lands and after doing some initial SRP work, they're released to their Families for up to 48 hours.



Christopher Rich, MVIC

Major General Tony Cucolo. 3rd ID commander. welcomes Gen. Peter Chiarelli, Vice Chief of Staff, The general also cited differences in reintegration U.S. Army, to Hunter Army Airfield. General rograms between Active- and Reserve-component **Chiarelli visited Fort Stewart to review the reinte**gration program for Soldiers returning from Iraq and Afghanistan, Nov. 8.

> "We have to be willing to spend a few more days with (Reserve) Soldiers to ensure the proper physical and behavioral-health checks are made and that they receive the proper treatment they need, no matter what it might be," Gen. Chiarelli said.

> The general credited Fort Stewart's leadership for its position on Warrior care.

"I've seen a lot of best practices here," he said. "Fort Stewart is doing an excellent job in many of the areas that I'm focused on in ensuring we are taking care of our Soldiers. Collaboration between caregivers and the chain of command is extremely strong here, including talking through many of the tough issues important for Soldier care."

The division, however, could use an expansion of the behavioral-health program. Fort Stewart, he said, should figure out ways to augment more psychiatrists and psychologists. Because of the shortage of these behavioral-health professionals, hiring more would be difficult.

"We need to look at new, innovative, out-of-thebox ways to supplement them," he said.

General Chiarelli mentioned a virtual behavioral-health program, with a network of psychologists and psychiatrists who would conduct initial screenings of returning Soldiers. Those needing care would then be turned over to behavioral-health professionals here.

Additionally, Gen. Chiarelli stated possibly moving away from the old post-deployment survey to an actual 30-40-minute evaluation by certified behavioral-health specialists. Many of the reintegration problems occur between the 90-180 day mark. The successful care models, he said, reside

"The sooner you attack these problems, the better off vou are."

According to the general, Fort Stewart has one of the lowest suicide rates in the Army. He stated the combined effort of the entire Fort Stewart team is key to the success. He hopes to bring these best practices back to the rest of the Army "and have them implement some of the great things being done here at Fort Stewart."

Still, the ultimate success would mean eliminating the stigma attached to behavioral health.

'If you had a problem, you would seek the necessary help you need for that problem," Gen. Chiarelli said. "Behavioral health issues are no different."

General Chiarelli said leaders can especially help remove the stigma by setting the kind of command climate where they want - and demand - that their Soldiers get the help.

"It's not a crime," he said. "There's no shame in after three, four, or five deployments, as many of our Soldiers have had, for them to reach out for help and get the help they need."

### Final 3rd ID DSTB Soldiers return to Fort Stewart

Spc. Michael Adams 3rd ID Public Affairs

Family Members braved the cold and the early morning hours to greet their Soldiers from Division Special Troops Battalion, 3rd Infantry Division, in a welcome home ceremony, Nov. 3, at Cottrell Field on Fort Stewart.

Jennifer Taylor, wife of Captain Kevin Taylor, waited with her 1-year-old son, Braeden for the husband and

"It feels really good, it's been a long, long year," she said. "It's been hard. We're excited that he's coming home and we're really proud of him."

The Families screamed in excitement and waved signs as they waited for their Soldiers to cross the parade field.

When they did arrive, Brig. Gen. Jeffrey Phillips, 3rd ID deputy commanding general – rear, greeted them with thanks.

"Look at the full-color Marne patches on the shoulders of these proud Soldiers," he said. "It's a symbol of nearly a century of defending freedom on our far shores. [Third Infantry Division] Soldiers, you have served your nation well; you have done your duty."

Afterwards the Soldiers greeted their Families.

"It feels good," said Chief Warrant Officer 2 Gus Wright, a geospatial engineer with DSTB, 3rd ID. "I haven't seen my Family in a long time. We did our job over there and now it's time to do our other job; take care of the Family."

#### Final group returns

The 3rd ID STBspent a year in Iraq overseeing the transition of stability operations alongside the Iraqi government. The last Soldiers serving in Iraq with the



Photos by Jennifer Hartwig

ABOVE AND RIGHT: Major Richard Ikena,, 3rd ID Secretary of the General Staff, is greeted home by his four sons, Henry, 7, Samuel, 5, Charlie, 3, and Petey, 1, after a yearlong deployment to Iraq, Nov. 5.

battalion returned home during a welcome home ceremony at Cottrell Field during the late-evening hours, Nov. 7.

Family Members were waiting, screaming and cheering as the buses with the Soldiers pull up.

"It's surreal," said Rita Michaud, wife of Col. Edward Michaud, "It's like a dream. I won't believe it until I see him and touch him."

She said Thanksgiving would be very exciting because her husband's father was coming down for the holiday.

Lieutenant Colonel Nora Marcos commanded DSTB for the deployment. She said the Soldiers in her unit played an integral role in the success of the mission.

"They were phenomenal," she said. "The best part was watching Soldiers work at the next rank."

She added Soldiers in every section of her unit worked



very hard, learning jobs quickly and ensuring the success of the mission in northern Iraq.

While every Soldier from DSTB has returned from Iraq, there are still a number of 3rd ID Soldiers who are serving in a combat zone.

## 14 Vanguard Soldiers complete Equal Opportunity training

Staff Sgt. Tanya Thomas, 4th AAB. 3rd ID Public Affairs

**CAMP RAMADI, Iraq** — Fourteen Soldiers assigned to the 4th Advise and Assist Brigade, 3rd Infantry Division, have become the brigade's newest equal opportunity leaders after graduating from a two-week class held at Camp Ramadi, Iraq, Nov. 2.

commander's Equal Opportunity Program, and a key element in handling complaints at the lowest level," said Sgt. 1st Class Michelle Cogdell, 4th AAB deployed sexual assault response coordinator, during the graduation ceremony held at the Ramadi Event Center.

"The students were challenged not only to learn about equal opportunity, but about people in general, their classmates and most importantly, themselves," she said.

After completing a 60-hour course, which included producing a cultural and special observance program and exams ranging from racism and sexism to religious accommodations and extremists, the class graduates are now qualified to serve as company- or battalion-level equal opportunity leaders.

"Everyone learned something from this class," said "The equal opportunity leader is essential to the Sgt. 1st Class Cheryl Maddox, 4th AAB equal opportunity adviser and EOL course lead instructor. "We have a saying, 'Keep your bag closed.' The students learned that you can't allow your personal feelings and beliefs to interfere with interacting with Soldiers."

> For one new equal opportunity leader, the course, she said, was definitely worthwhile.

interact with other people," said Staff Sgt. Markita Hagans, with the Brigade Special Troops Battalion, 4th AAB, and a Norfolk, Va., native.

Sergeant First Class Maddox said the class was especially important as EOLs are in larger demand during deployment.

"It's always good to have more active EOLs," she said. "Here (during deployment) we are more close-held. Statistically, our sexual harassment numbers increase during a deployment, I think partially because we live in such a close environment. The EOLs are the eyes and ears of a commander, so the more that we have, the better a commander can see what is going on in (his or her) unit."

Sergeant First Class Maddox said there are now about "I got to know others, and I learned how to better 60 equal opportunity leaders in the 4th AAB.

# Education Matters

#### **Medical Programs briefings announced**

Interested in Army Health Care Careers? Sergeant First Class Elizabeth Cimaglio, the station commander for the new Savannah Health Care Recruiting Station, will be conducting monthly briefings the third Wednesday of each month for those interested in obtaining a commission with the US Army Medical Department. There are a wide variety of programs available to any enlisted soldier, commissioned officer or family member who has a bachelor degree (or is close to completing their four year degree). The career fields not only cover the wide spectrum of medical specialties, but include social work, environmental science, and health care administrative assistant. Many programs include financial incentives such as stipends, loan repayment and bonuses.

The next briefing is at 2 p.m., Nov. 17 at the education center on Fort Stewart. Cimaglio is also the POC for all interested in any of the AMEDD programs. Reach her at *Elizabeth.cimaglio@usarec.army.mil* or by calling 877-358-9595.

#### **Transition-to-Teaching sessions slated**

The Georgia Troops to Teachers Program provides federal funding to qualified service members of up to \$10,000 for becoming public school teachers. Bill Kirkland conducts monthly Transition to Teaching 90-minute classes that consist of an overview of programs, registration procedures and Georgia teacher certification options.

This includes the Georgia Teacher Alternative Preparation Program, a two-year program that allows those with bachelor degrees to teach and certify at the same time. Military spouses are also invited. The next briefing is 10 a.m., Nov. 17 in the education center at Fort Stewart. Call 1-800-745-0709 for more information. The official website is *www.tttga.net*.

#### Savannah State to promote MPA

A representative from Savannah State University will be on hand in the lobby of the education center at Fort Stewart to explain their Master of Public Administration Program from 10 a.m.to 2 p.m. on Nov 29. Students may concentrate in Public Management, Human Resources, Non-Profit Management, Urban Studies and Planning or Healthcare Administration. You may reach Petrina Turner by e-mailing *petrinaturner@hotmail.com* or phoning 912-604-7068.

#### Cappela University to visit

Dr. Rick Brown from Capella University will meet

with current and potential students in the education center lobby from 10 a.m. to 3 p.m. on Tuesday Nov. 30. See *www.capella.edu/southeast* for a list of available programs or contact *rick.brown@capella.edu*, 612-708-7832 for additional information.

#### My CAA now available

The Department of Defense has resumed the Military Spouse Career Advancement Accounts, MyCAA, program for qualifying spouses only. The program now assists spouses of active duty service members in the pay grades of E-1 to E-5, W1-W2, and 01-02 to achieve portable careers. The approved education programs are only associate's degrees, licensure, and certifications. Funding assistance will be up to \$4,000 with an annual cap of \$2,000 per fiscal year. To open an account and to see the full details of the new program, go to the secure website, https://aiportal.acc.af.mil/mycaa. Please allow for 14 days for approval of all financial assistance documents.

All spouses (even if you no longer qualify for the MyCAA program) that have had a MyCAA account can still access all your course information by logging-in into the MyCAA website. If information is needed on other sources of financial assistance please contact a Military OneSource consultant at 800-342-9647.

#### Hope Grant for College Credit offered

The Georgia HOPE grant is available to Georgia residents, active duty military assigned to a military installation in Georgia and their Family members. Many HOPE eligible diploma and certificate programs are offered by Technical Colleges throughout Georgia, including Savannah Technical College, Airport Rd. in Hinesville. Some classes are even available on-line or in the Fort Stewart Education Center.

Of special interest to those who cannot use My CAA, Savannah Technical College has the Technical Communications Specialist program, which is a great option to fulfill the General Education Requirement courses for your degree. Under this particular certificate program, the Hope Grant will cover the cost of classes that can later be transferred to most other colleges and universities.

For more information, click on *www.gsfc.org* and *www.savannahtech.edu* or call Savannah Tech, Education Center, 912-408-2430; Hinesville, 912-408-3024; Savannah, 912-443-5700. For additional on-line classes, explore the Georgia Virtual Technical College

## Army continuing education system reduces hours

IMCOM has experienced recent complications contracting for ACES services which have resulted in reduced hours for education services Army-wide. The Fort Stewart Army Learning Center is now open from 9 a.m. to 4 p.m., Monday-Friday. The Hunter ALC is now open from 7:30 a.m. to 4:30 p.m., Monday-Friday. Testing hours have been reduced at both locations. Counselor hours remain unchanged. This reduction DOES NOT affect Soldier tuition assistance. For more information, please call 912-767-8331 at Fort Stewart, or 912-315-6130 at Hunter.

Web site at www.gvtc.org.

#### Source available for Post-9/11 GI Bill

The Post-9/11 GI Bill, Chapter 33, is a non-contributory benefit (no up-front payment required by Soldiers) for those who served on active duty on or after Sept. 11, 2001. The Veterans Administration Web site at www.gibill.va.gov provides in-depth eligibility information for all VA chapters and a link to the on-line application. It also includes all information and steps concerning the transferability to Family Members. Also check out the new Web site, www.ebenefits.va.gov where you can view the status of your VA benefits and more. If you have questions after exploring the Web site, call 888-442-4551.

#### **CLEP now at Stewart, Hunter**

The College Level Examination Program and DANTES Subject Standardized Tests are now available at both education center sites. The exams are free for military personnel; however, there is now a charge to re-test on a previously administered exam. CLEP tests are \$92 and DSSTs are \$100. The Hunter Test Center requires pre-registration: www.ccis.edu/nationwide/main.asp?Hunter. Contact the Columbia College test administrator by calling 912-352-8635 at Hunter or 912-767-7588 at Fort Stewart.



1st Lt. Stephanie L. Franklin-Hogan

Steel FSC Recovery hooks up to an inoperable MATV during a CLP. 92nd Engineer Battalion, conducted combat logistical patrols in support of the Battalion's engineering projects outside of Forward Operating Base Sharana.

## 92nd En resupply effort supports 300 Soldiers

**1st Lt. Stephanie L. Franklin-Hogan** 92nd Engineer Bn.

Distribution Platoon, Forward Support Company, 92nd Engineer Battalion, conducted combat logistical patrols in support of the Battalion's engineering projects outside of Forward Operating Base Sharana.

To prepare for the mission, each patrol team was carefully selected based on the Soldier's qualifications and ability to perform effectively.

With the timeline of the first mission unknown, the platoon quickly began training and becoming familiar with the new equipment. Each team created a unique battle rhythm that successfully accomplished the training requirements in order to prepare for the patrols.

Because the battalion did not relieve a unit, they had to plan their mission with no help or guidance.

After hard work by noncommissioned officers, the platoon adopted a set of standard operating procedures for missions. The primary mission for company was identified as resupplying their sister companies off the FOB.

At the start of the mission, Soldiers would conduct pre-combat checks/pre-combat inspections and rehearsals. Each vehicle's load plan was inspected to include the distribution of ammunition and inspection of communications equipment. Truck commanders were essential to ensure all occupants of their vehicle were well prepared and taking all necessary steps for safety. Soldiers were responsible for securing the battalion's engineering equipment and sup-

plies onto host national trucks and guarding the local national drivers.

Next, patrols would move to their objective. During this phase, Soldiers provided security along the route. During movement, patrols would often recover inoperable military and host national trucks. Communication between the numerous parties involved were instrumental to ensuring the patrols successfully completed their missions.

After all personnel and equipment arrived at the objective, the patrol downloaded and uploaded equipment. This was a joint effort with other units. After this part of the mission was successfully completed after all equipment was delivered to sister units, all returning equipment and personnel were accounted for and all additional tasks were completed.

After this, the patrol would convoy back to FOB Sharana. Soldiers had to be just as aware of potential enemy action as they had during the first movement.

After returning to the FOB, Soldiers began the recovery phase. This included downloading returned equipment, completing refuel operations, performing preventative maintenance checks and services of vehicles, and removing and securing all sensitive items. Soldiers could then reset for the next mission.

The Soldiers did an outstanding job while providing resupply to various build sites, most significantly Combat Outpost Andar. The patrols completed more than 18 missions, and provided supplies for more than 300 Soldiers.

#### WINN





Photos by Sgt. Joseph McAtee

ABOVE: Brigadier General Jeffrey Phillips, 3rd ID deputy commanding general - rear, shakes hands with Spc. Nicholas Anderson, MEDDAC, for his role in diffusing the Sept. 6 hostage situation at Winn Army Community Hospital, Nov. 9.

RIGHT: U.S. Representative Jack Kingston speaks at a ceremony honoring Soldiers and Army Civilians who helped contain the September hostage situation at Winn Army Community

"It was the professionalism of everyone involved," he said. "That professionalism included valor, courage, skill, and most importantly, the internalization of the warrior ethos."

That professionalism was apparent even to the acting command sergeant major of the hospital, Command Sgt. Maj. Thomas Wrighton.

"The men and women within this facility are committed to providing quality patient care at all risks," he said. "No one can ask for more than that, and I'm damn proud to be on their team."

Congressman Kingston visited to



make sure the awardees understood the valor they displayed that night. He said that as a civilian, it is easy to suggest that training and preparation are easy ways to explain the actions of the men and women involved in the incident. He, however, said it was more than just preparation.

"They put their own lives at risk, and that made all the difference," he said. "Knowing what to do is training. Doing it is bravery."

## Speed and Power Soldiers help IA develop checkpoint SOP

Sgt. Mary S. Katzenberger 1st AAB, 3rd ID Public Affairs

**BAGHDAD** – Sergeants Richard Howard and William Stewart understand the importance of "being on the same page" when it comes to conducting checkpoint operations.

The infantrymen, assigned to Company A, Task Force 3rd Battalion, 69th Armor Regiment, 1st Advise and Assist Brigade, 3rd Infantry Division, United States Division - Center, served together in the Al Anbar province in Operation Iraqi Freedom during "The Surge" from 2007-2008. The noncommissioned officers and their Soldiers conducted missions in Bradley Fighting Vehicles in and around Ramadi and had to be prepared to set up hasty checkpoints within a few moments notice. The proper conduct of these checkpoints was essential to the Soldiers' mission and allowed them to nab known insurgents or their associates, and to disrupt the flow of supplies used for crafting roadside bombs.

As it was then, so it is now; only today Iraqi army Soldiers are in charge of manning the country's checkpoints and observation posts, and Howard and Stewart are teaching classes, sharing their experiences for the betterment of the IA.

The infantrymen's most recent educational initiative was focused on checkpoint operations and the development of a standard operating procedure to be adopted by the 9th Iraqi Army Division, and possibly the IA as a whole. The four-day course, held at the 9th IAD on Camp Taji, provided a forum for the officers—who hailed from different battalions throughout the division—in which to hash out ideas, ask questions and decide upon best practices. The final SOP created as a culmination of the project would encompass everything from checkpoint supplies to standard battle drill responses to threats.

"They're already doing the right as a who thing—we just need to get them on the same page and get this stuff on paper" "(Stewar said Sgt. Stewart, a Greensboro, N.C. we don't native. "That's the new step we're tak-

ing with (Operation) New Dawn."

"If you don't have these things in stone then your checkpoints aren't communicating," added Sgt. Howard, a Cleveland, Texas native. "We're trying to develop battle drills for their checkpoints and towers so the Soldiers are—across the board—able to be plugged in wherever they need to be plugged in."

Sergeants Howard and Stewart said they stressed to their students the importance of running training drills, of exposing as few troops as possible to danger at checkpoints, and of developing monitoring systems — such as random inspections conducted by officers and sergeants — to ensure that IA Soldiers are held accountable to the standards at their posts.

"We're not trying to make them into the American Army," said Sgt. Howard. "We throw out scenarios (and) they develop the (solutions); it's to give them ideas (and) raise a lot of questions because this is their time to get together."

The noncommissioned officers shared many reasons as to why the training was meaningful to them.

"Compared to last deployment and (now), working with the Iraqi Army—it's (like) night and day" said Sgt. Howard. "It lets (us) know that we've done in our time in the Army—what we've done in Iraq—wasn't for nothing last time."

Sergeant Stewart added that the change in mission from kicking in doors to being classroom instructors has been refreshing.

a whole. The four-day course, held at the Division Tactical Action Center for the 9th IAD on Camp Taji, provided a forum for the officers—who hailed from different battalions throughout the division—in which to hash out ideas, ask questions and decide upon best practices. The final SOP created "That's what we want," he said. "(Sgt. Howard and I are) both about to get out of the Army when we redeploy ... so we have to pass this knowledge on just like we do to our privates and to our future (noncommissioned officers)—we have to pass this knowledge on to them so they can pass it down."

Passing on knowledge to the IA is very important to Sgt. Howard as well.

"Nothing would be more disappointing for us to get out, and (for) America as a whole to leave this country and it not be prepared," Sgt. Howard said. "(Stewart and I) have lost friends and we don't want (their sacrifices) to be in vain."



Sqt. Mary S. Katzenberger

Second Lieutenant Adel Ali, assigned to 35th Brigade, 9th Iraqi Army Division, disassembles an RPK while Sgt. William Stewart, an infantry-man assigned to A Co., TF 3/69 Armor, 1st AAB, 3rd ID, USD-C, looks on during the third day of checkpoint operations course taught by Sgt. Stewart and Sgt. Richard Howard, also assigned to A Co., TF 3/69 Armor, 1st AAB, 3rd ID, USD-C.

## Ground broken at Marne View

**Spc. Michael Adams** 3rd ID Public Affairs

In order to re-affirm their commitment to improving the lives of Soldiers and Family Members, 3rd Infantry Division and Fort Stewart leadership broke ground for Marne View, a new housing development of 92 homes for junior officers at Fort Stewart, Nov. 9.

"Let's give the military the absolute best," U.S. Representative (Ga.) Jack Kingston said at the event. "It's not just in the theater that we need to focus on, but it's the quality of life back home. Our goal of getting a high quality of life to the military and their Family Members is being achieved."

Brigadier General Jeffrey Phillips, 3rd ID deputy commander – rear; Command Sgt. Maj. Jeffrey Ashmen, 3rd ID command sergeant major- rear; Col. Kevin Milton, Fort Stewart-Hunter Army Airfield garrison commander; and Command Sgt. Maj. James Ervin, Fort Stewart IMCOM command sergeant major; were also in attendance.

"We're taking care of our Families and our communities because our Soldiers are taking care of us in harm's way on a daily basis," Col. Milton said.

Chief Warrant Officer 2 Christian Hazel, with G-6 Net Operations, 3rd ID, attended the groundbreaking with his Family.

"It feels pretty good to see the military is moving forward with Family housing and improving quality of life for the Family Members as well as the Soldiers," he said. "When the Soldiers have good housing, a good community and good facilities, they work better for the Army."

This groundbreaking is part of the Residential Communities Initiative that has been an ongoing project on Fort Stewart and Hunter Army Airfield. Since 2003, 1,449 new homes have been constructed and 1,330 homes have been renovated to higher standards. The current construction project is set to be complete by December 2012.



Spc. Michael Adams

Brigadier General Jeffrey Phillips, 3rd ID deputy commanding general-rear; U.S. Representative Jack Kingston; Col. Kevin Milton, Stewart-Hunter garrison commander; Command Sgt. Maj. James Ervin, garrison command sergeant major; Chief Warrant Officer 2 Christian Hazel and his children, Katie, 8, and Tyler, 6, break ground on Marne View, a new housing area on Fort Stewart, Nov. 9.

# 3rd ID Farewell and Retreat Ceremony, Monday

The 3rd ID will conduct a Farewell and Retreat Ceremony in honor of Deputy Commanding General-Maneuver, Brig. Gen. Patrick I Donahue II; Brig. Gen. Thomas S. Vandal, 3rd ID Deputy Commanding General-Support; and 3rd ID Command Sergeant Major, Command Sqt. Maj. Jessē Andrews.